

I claim:

1 1. A flavored gelatin capsule suitable for encapsulating a dose of fish oil  
2 comprising:  
3 a) gelatin;  
4 b) a gelatin softener;  
5 c) water; and  
6 d) a water soluble flavoring, wherein the water is present in said  
7 flavored gelatin capsule in a concentration between about 6 and  
8 about 10% and the ingredients are formed into a capsule for  
9 encapsulating a dose.

1 2. The flavored gelatin capsule of claim 1 wherein said gelatin softener is  
2 present in said flavored gelatin capsule in a concentration between  
3 about 10% and about 35%, and wherein said gelatin softener  
4 comprises at least one polyol chosen from the group consisting of  
5 glycerol and sorbitol.

1 3. The flavored gelatin capsule of claim 2 wherein said water soluble  
2 flavoring is present in a concentration above about 0.25%.

1 4. The flavored gelatin capsule of claim 2 wherein said water soluble  
2 flavoring is present in a concentration above about 0.5%.

1 5. The gelatin capsule of claim 3 wherein said water soluble flavoring is  
2 present in a concentration between about 0.25% and about 1.5%.

1 6. The gelatin capsule of claim 4 wherein said water soluble flavoring is  
2 present in a concentration between about 0.50% and about 1.5%.

1 7. A fish oil capsule for palatable presentation of fish oil comprising:  
2 a) a gelatin capsule, said gelatin capsule comprising gelatin, a  
3 gelatin softener, water, and a water soluble flavoring, wherein  
4 said water is present in said gelatin capsule in a concentration  
5 between about 6 % and about 10; and  
6 b) a fish oil dose, said gelatin capsule encapsulating said fish oil  
7 dose, whereby said fish oil capsule is a palatable fish oil  
8 composition which promotes ingestion of the fish oil.

1 8. The fish oil capsule of claim 7, wherein said gelatin capsule comprises  
2 between 10 and 35 percent of said gelatin softener, and said gelatin  
3 softener comprises at least one polyol, said polyol chosen from the  
4 group consisting of glycerol and sorbitol.

1 9. The fish oil capsule of claim 8 wherein said water soluble flavoring is  
2 present in said gelatin capsule in a concentration greater than about  
3 0.25%.

1 10. The fish oil capsule of claim 8 wherein said water soluble flavoring is  
2 present in said gelatin capsule in a concentration greater than about  
3 0.50%.